

WHILE many housekeepers may be of the opinion that cooking in hot weather is the more fatiguing, there is much to be said for the argument that standing long hours at the ironing table is equally tedious and tiresome.

Some may advocate the service of the commercial laundry as the means to relieve either housekeeper or maid from the brunt of the work, but while the commercial laundry in the centre of a large city is well established, and as a general rule does work well and in some cases reasonably, the suburban home or the country home is frequently beyond reach of a laundry route. And even if there is a laundry available it has been proved that family ironing mounts too high when done at the ordinary rates.

How can the housekeeper meet this situation and at the same time save her own energy and cut down the time required by the laundry? It is safe to say that the electric

iron is the most useful of any one piece of electrical equipment. Any house wired for electricity can have the use of this convenience by merely inserting the connecting plug in any lamp socket. The modern types of gas iron with flexible tubing are also now perfected so that they give the same results at about the same cost.

No matter what kind of iron is used some time should be spent in selecting the right kind of ironing board. The common type supported on an adjustable standard is an improvement on the board placed over a chair back, but still it is not so efficient as the permanent board securely fastened to the floor.

This type has a semi-circular metal "leg" which can be riveted into even a concrete floor. If there is not sufficient room to have such a board permanently extended out into the laundry, there is a new type of board which can instantly be raised to the wall and fastened, but which still has a permanent standard.

This type of board is emphasized because such a steady board kept always in position permits of quicker ironing. It should be the right height, and this will depend on the height of the worker and the length of her arm. For a woman 5 feet 6 inches tall the ironing surface should be about 34 inches from the floor.

A piece of equipment which is all too seldom found even in the home of means is an ironing machine. This is sometimes wrongly called a mangle. It consists of a cylinder, covered with padded felt, which revolves against an outer "shoe" of polished steel, corresponding to the face of a flatiron. By inserting the dampened pieces over the roll and next to the heated shoe each piece is thoroughly pressed and dried.

The writer herself was somewhat skeptical as to the value of this ironer and thought it was suitable only for flat pieces, and was, therefore, too expensive to justify itself. But recent tests have shown

that it not only irons all flat wear, but many other articles as well.

These ironers come in different lengths, adjusted to the folding size of the tablecloth. The 42-inch ironer handles a two-yard-wide tablecloth folded once, or a family size sheet for a single or quarter bed, also folded once, or two pillow cases, two napkins and two face towels can be put through abreast and done with the same turning.

The ironer costs about \$35 and the most common type is that

heated by city gas and operated by a crank handle by hand. In houses without gas connection it may be safely heated by gasoline. In both cases the cost of operation is about two cents an hour, or less than ten cents for a large ironing. The ironer can be permanently fastened to any regular kitchen table or the more expensive types can be fitted with their own stand.

By careful test it takes from ten to fifteen minutes to iron a three-yard tablecloth well. A petticoat

means another quarter of an hour; even a nightdress or sheet hastily smoothed takes about five minutes; yet it is possible to iron a tablecloth beautifully in four minutes with the mangle—a nightdress, petticoat or sheet in about two minutes.

In hand ironing good results depend upon the amount of pressure exerted by the arm of the worker herself, while in the case of the machine the pressure is entirely mechanical and no effort at all is needed from the worker.

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Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Breakfast</i> Stewed Fruit, Cornmeal Mush, Buttered Toast, Coffee.	<i>Breakfast</i> Oatmeal, French Toast, Jelly, Coffee.	<i>Breakfast</i> Prunes, Boiled Rice, Poached Eggs in Tomato Sauce, Muffins, Coffee.	<i>Breakfast</i> Cereal, Baked Bacon, Coffee.	<i>Breakfast</i> Stewed Rhubarb, Potato Omelet, Toast, Coffee.	<i>Breakfast</i> Fruit, Cereal, Bran Muffins, Coffee.	<i>Breakfast</i> Oranges, Scrambled Eggs, Coffee.
<i>Luncheon</i> Baked Meat Hash, Spinach, Gingerbread, Apple Sauce.	<i>Luncheon</i> Stewed Lima Beans, Thin Corn Bread, Canned Fruit.	<i>Luncheon</i> Boston Baked Beans, Brown Bread, Fruit Whip.	<i>Luncheon</i> Bread Crumb and Onion Soup, Buttermilk Waffles.	<i>Luncheon</i> Shirred Eggs, Spinach Sauce, Baking Powder Biscuits.	<i>Luncheon</i> Spaghetti, Jellied Beef Salad, Toasted Biscuits.	<i>Dinner</i> Roast Lamb, Mashed Potatoes, Brussels Sprouts, Spiced Grapes, Heart Lettuce Salad, Dried Apricot Trifle.
<i>Dinner</i> Meat and Vegetable Soup, Baked Potatoes, Buttered Carrots, Toasted Crackers, Lettuce Salad, Coffee.	<i>Dinner</i> Scalloped Macaroni and Ham, Boiled Onions, Potato Muffins, Apricot and Banana Salad, Coffee.	<i>Dinner</i> Cream of Potato Soup, Spinach Loaf with Sliced Tongue, Deep Apple Pie.	<i>Dinner</i> Creamed Codfish, Baked Potatoes, Philadelphia Relish, Pineapple Compote, Coffee.	<i>Dinner</i> Cream of Onion Soup, Fish Croquettes, Tomato Soup, Stewed Squash, Snow Pudding, Fruit Sauce.	<i>Dinner</i> Roast Lamb, Boiled Rice, Green Peas, Lettuce Salad, Chocolate Bread Pudding, Tea.	<i>Supper</i> Potato and Cress Soups, Pineapple and Nut Sandwiches.

Sunday American-Examiner Patterns

IMPORTANT.—Be sure to fill in name, address and size.
SUNDAY AMERICAN-EXAMINER PATTERNS.
BARGAIN DAY.
TWO PATTERNS FOR 15c.
3180.....Years 3163.....Bust
3175.....Bust 3160.....Bust
3174.....Waist 3171.....Years
3185.....Years
Name
St. and No.
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ure. A 38-inch size will require 2½ yards of 36-inch material.

A NEW FROCK FOR THE GROWING GIRL (3180). Cut in four sizes: 8, 10, 12 and 14 years. For a 10-year size it will require 3½ yards of 42-inch material.

To obtain any two of these desirable patterns fill in the accompanying coupon and mail with 15c in silver or stamps to BARGAIN DAY, P. O. BOX NO. 260, CITY HALL STATION, NEW YORK, N. Y.



A PRETTY GOWN (3163). Cut in seven sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 38 will require 7½ yards of 38-inch material.

A NEW AND POPULAR STYLE (3174). Cut in seven sizes: 22, 24, 26, 28, 30, 32 and 34 inches waist measure. A medium size will require 4½ yards of 40-inch material.

CHILD'S PLAY GARMENT (3171). Cut in five sizes: 1, 2, 3, 4 and 5 years. A 4-year size will require 2½ yards of 36-inch material.

A Dainty Dress for the Little Miss (3185). Cut in four sizes: 4, 6, 8 and 10 years. For a 6-year size will be required 2½ yards of 42-inch material.

A BECOMING DRESS FOR HOME OR BUSINESS (3160). Cut in seven sizes: 36, 38, 40, 42, 44, 46 and 48 inches bust measure. For a medium size will require 6 yards of 36-inch material.

A Dainty Waist Model (3175). Cut in six sizes: 34, 36, 38, 40, 42 and 44 inches bust measure.

Women say La-may stays on better than any other face powder.

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For only \$15.00 we will deliver at your door, postage and duty fully paid, one of the latest
French Style Hand Embroidered Waists
We have selected them from one of the representative fashion shops of Paris, and know that you will be doubly satisfied when your own arrives, with its beautiful material and workmanship and the reasonable price.
If you are one of those unfortunate women who have never had the opportunity to select your own pretty things in Paris you will appreciate this chance to deal with one who acts as a personal representative for women of taste in the World's Fashion Centre. Your slightest wish or greatest requirement can be satisfied in this way.
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Fashion says the use of DELATONE
is necessary so long as sleeveless gowns and sheer fabrics for sleeves are worn. It assists freedom of movement, unhampered grace, modest elegance and correct style. That is why "they all use Delatone"
Delatone is an old and well known scientific preparation for quick, safe and certain removal of hairy growths, no matter how thick or stubborn. After application the skin is clear, firm and hairless with no pain or discoloration. Beauty specialists recommend Delatone for removal of objectionable hair from face, neck or arms.
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THE SHEPHERD PHARMACAL CO.
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Up to the present time it has been almost impossible to get a face powder to stay on the face longer than it takes to put it on. You powder your nose nicely, and the first gust of wind on the first puff of your handkerchief and away goes the powder, leaving your nose shiny and conspicuous, probably just at the very moment when you would give anything to appear at your best. A specialist has at last perfected a pure powder that really stays on; that stays on until you wash it off. It does not contain white lead or starchy rice powder to make it stay on. This improved formula contains a medicinal powder doctors prescribe to improve the complexion. In fact, this powder helps to clean and reduce enlarged pores and irritations. It is also astringent, discouraging flabbiness, crow's feet and wrinkles. This unusual powder is called La-May (French, Poudre L'Amie). Because La-May is pure and because it stays on so well it is already used by over a million American women. All dealers carry the large sixty-cent box, and many dealers also carry the generous thirty-cent size. When you use this harmless powder and see how beautifully it improves your complexion you will understand why La-May so quickly became the most popular beauty powder sold in New York. We will give you five thousand dollars if you can buy a better face powder anywhere at any price. Herbert Roystone, 16 East 18th St., New York.

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Specially tanned to exclude harmful acids. Special dirt-proof tongue. Scientifically treated to exclude snow and water. Send for a pair at our risk. Try them on in your own home. Note their splendid quality, enter their 5 to 6 blessed comfort. If they are not worth \$8.00 send them back at our expense—no charge. Be the judge. Send NO money with this coupon—only \$1.00 on arrival. Why not \$7.00 or \$8.00? Save profits. Buy DIRECT from Factory. No intermediaries. We are the Oldest and Largest Shoe Makers and Direct from the Shoe Market of the World. Free catalog, and coupon only delivery. Please send us your name and size. The risk is ours—simply send us your name and size.
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Your complexion tells a story to the world

NOTHING so quickly creates an impression of your personality as your skin. Don't let it tell of unhygienic or thoughtless habits.

If it lacks clearness—if it is marred by disfiguring little blackheads—give it the special treatment that will overcome this defect.

Blackheads are a confession that you are using the wrong method of cleansing for your type of skin. To keep your skin free from this trouble use this treatment every night:

Apply hot cloths to the face until the skin is reddened. Then with a rough washcloth work up a heavy lather of Woodbury's Facial Soap and rub it into the pores thoroughly—always with an upward and outward motion. Rinse with clear hot water, then with cold. If possible, rub your face for thirty seconds with a lump of ice. To remove the blackheads already formed, substitute a flesh brush for the washcloth in the treatment given above. Then protect the fingers with a handkerchief and press out the blackheads.



Special treatments for each different skin need are given in the famous booklet of treatments that is wrapped around every cake of Woodbury's Facial Soap. Get a cake today—begin using your treatment tonight.

Woodbury's Facial Soap is on sale at any drug store or toilet goods counter in the United States or Canada. A 25 cent cake lasts for a month or six weeks of any treatment or for general cleansing use.

The Andrew Jergens Company, Cincinnati, New York, and Perth, Ontario.

They'll be here in fifteen minutes — and my nails aren't fit to be seen



THE telephone bell rang, "I'm so glad you are at home. We'll be right over," said a voice. "Good!" she cried. Then her eyes fell to her hands. Her heart sank. Such battered looking nails!

She knew, too, that no amount of magnificence and good grooming on formal occasions would efface the impression made by once appearing careless in an offguard moment.

Have you ever been caught in such a predicament?

Does the unexpected occasion always find your hands at their loveliest? Have you always exquisitely cared-for nails, that so unmistakably tell to the world their story of personal fastidiousness?

It is the simplest thing always to be sure of your nails! Just a matter of giving them the same regular attention that you give your hair and teeth.

Do not clip the cuticle. When you do, it is impossible to avoid cutting

the sensitive living skin, too. The skin tries to heal these cruel little hurts and growing quickly, forms a thick, ragged cuticle. It gives to your nails that frowny and unkempt look that makes you self-conscious every time people notice your hands.



Soften and remove the cuticle gently, safely with Cutex. This will keep your cuticle always in perfect condition.

But you can have nails so charming that it will be a pleasure to display your hands! Just soften and remove the cuticle with Cutex, the harmless cuticle remover.

Twist a wisp of cotton round the end of an orange stick (both come in the

Cutex package). Dip it in the Cutex and gently work around the base of each nail. Push back the dead cuticle. Then wash your hands and push the cuticle back while drying. Always when drying the hands, push the cuticle back.

The Cutex way keeps the cuticle smooth and unbroken—the nails in perfect condition. Make a habit of Cutex. Then you will never know the mortification of ragged hang-nails and clumsy cuticle.

Get Cutex at any drug or department store. Cutex, the cuticle remover, comes in 35 cent and 65 cent bottles. Cutex Nail White, Cold Cream and Nail Polish are each 35 cents.

A manicure set for 20 cents

Mail the coupon below with two dimes and we will send you an Introductory Manicure Set, not as large as our standard set, but large enough to give six complete manicures. Send for it today. Address Northam Warren, 114 West 17th Street, New York City.

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